

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9
In 3 Hb

U. S. DEPT. OF AGRICULTURE

Housekeeper's Chat

Friday, September 5, 1930

NOT FOR PUBLICATION

SUBJECT: A September Sunday Evening Supper. Menu and recipes from the Bureau of Home Economics.

--ooOoo--

About five o'clock on a Sunday afternoon, not long ago, my telephone rang. "Won't you come over to supper, Aunt Sammy?" said a cheerful voice, I knew at once it belonged to Christine.

Now Christine's Sunday evening suppers are famous. Not for being great spreads, but for being well-planned, deliciously prepared, and with enough, but not too much, food. You know how it is, sometimes, when people entertain at supper on Sunday evening. They seem to forget that everybody has had an extra large dinner in the middle of the day. The supper table fairly groans under all sorts of excellent foods. And the guests groan inwardly because they have to eat to be polite. And Monday morning everybody feels a bit cross and over-stuffed.

Christine's suppers are not a bit like that. There's plenty to eat all right, but it is all very dainty and appetizing, and not too heavy.

So when Christine said come over to supper that Sunday evening, I accepted at once. Would you like to hear what she served? Here's the menu. Just like I found it for a warm September evening: Jellied Veal served on Crisp Lettuce and Cress with Mayonnaise; Potato Chips; Toasted Rolls; Grape Juice and Ginger Ale; Cantaloupe a la mode.

Christine's table was so attractive too. There were yellow flowers in a low bowl in the center. The tumblers were amber glass, and the candles soft yellow, in low amber glass candle sticks. The cantaloupe a la mode was served on glass plates, also amber colored.

But before we talk about dessert, would you like Christine's recipe for JELLIED VEAL? Already with paper and pencil. There is another recipe for Jellied Veal in the radio cook book, but Christine likes this one even better, and it uses one of the cheapest cuts there is - knuckle of veal. That is a cut with lots of gelatin in it. So it is especially good for making this dish.

Are your pencils ready? Twelve ingredients in the recipe for Jellied Veal:

卷之三

— 10 —

1 knuckle veal, about 2 pounds	Salt and pepper
2 quarts cold water	2 tablespoons finely chopped parsley
1 onion, sliced	1 tablespoon lemon juice
1 tablespoon gelatin	2 tablespoons finely chopped pimento
2 tablespoons cold water	1/8 teaspoon celery seed
1/2 cup finely cut celery	Dash or two of tabasco sauce

Shall we repeat the 12 ingredients. (Repeat.)

Have the butcher crack the bones. Wash the veal knuckle well, and cover with the 2 quarts cold water. Add the onion. Heat slowly to the boiling point, and then simmer, covered, until the meat is tender. Pour off and measure the liquid. There should be about a quart. Remove the meat from the bones, rejecting all gristle and bone splinters, and either grind or chop the meat very fine. Soften the gelatin in the 2 tablespoons of cold water and then add to the hot stock. Chill this liquid, and when partially set, add the meat and seasonings, and stir until well mixed. Season to taste with salt, pepper, and the tabasco sauce. Rinse a large mold with cold water, pour in the mixture, and allow to stand some hours or overnight in a refrigerator. Turn out of the mold, and serve in slices.

Christine served this Jellied Veal on a large platter with crisp lettuce and sprigs of watercress around it. In some of the lettuce-leaf cups was a spoonful of mayonnaise with a few dashes of paprika on top, to give a touch of bright color. There were also sections of red-ripe tomatoes tucked in here and there with the lettuce.

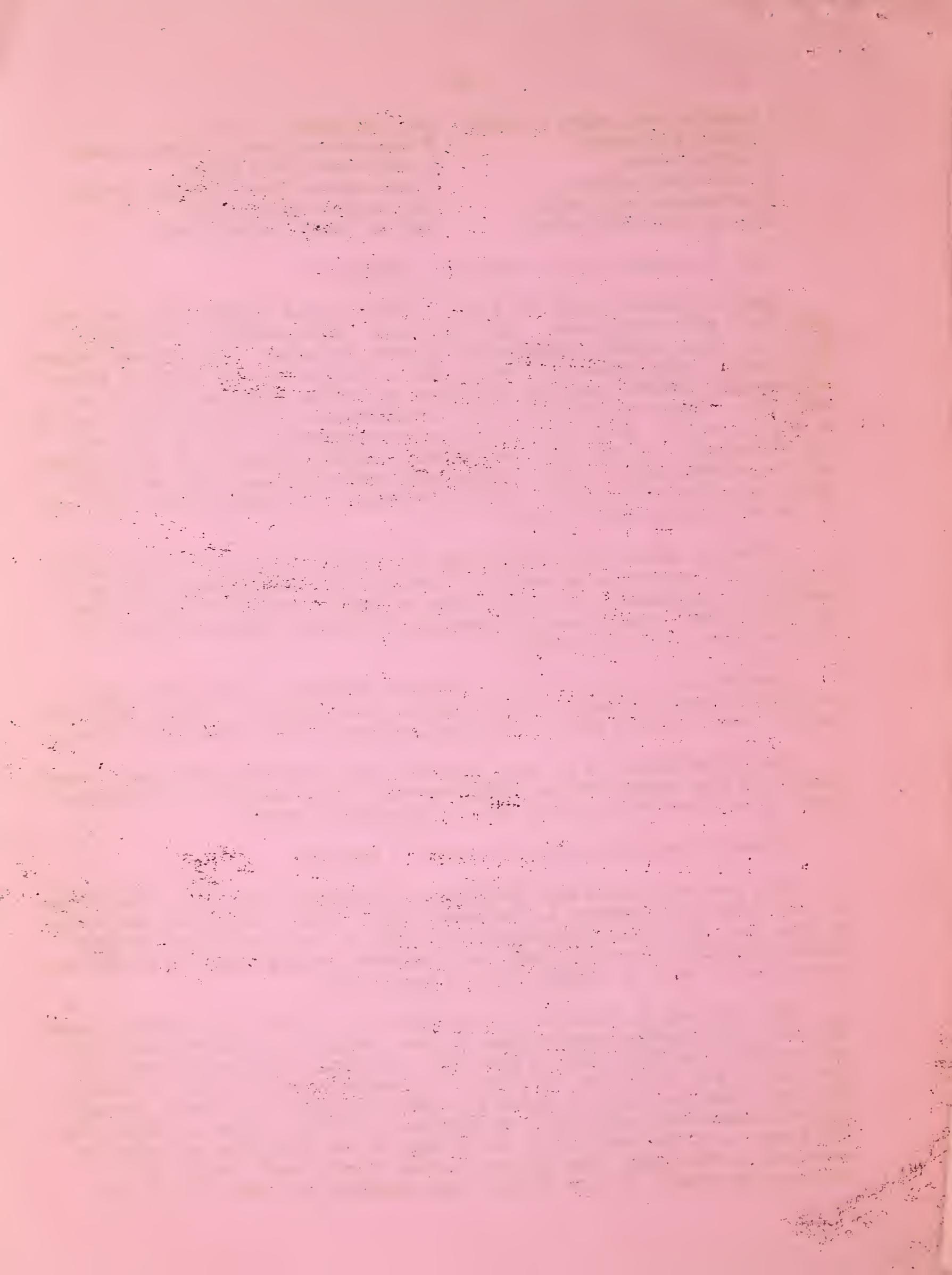
Sometimes, Christine tells me, she puts sections of hard-cooked egg in the mold, before she pours the veal mixture in to stiffen. The egg yolk gives another note of color, and of course egg and veal go well together in flavor.

For the cantaloupe a la mode, Christine had most delicious melons - sweet, juicy, and ripe enough without being over-soft. The spoonful of vanilla ice cream in the heart of each made them "a la mode" of course.

"Where do you find such good melons?" I asked her.

"Oh, good melons are easy enough to get nowadays," she said. "Cantaloupe and all melons, are getting better every year, I think. There are more kinds of them too. The melon growers are constantly on the watch to get better, sweeter varieties, that will ship long distances. Buying melons in the grocery store is a lot less of a gamble than it used to be."

All this talk about melons took me back - no, I won't tell how many years. But don't you remember when you used to make garden as a youngster and drop melon seeds in a hill, rake the soft dirt over them, and press it down with bare feet? Then every day you'd run to the garden to see whether the melons were up? What fun it was to watch the vines creep over the ground, the big yellow flowers come, and finally to discover the little melons no bigger than the thumb. And what even better fun it was, to see them ripen and begin to crack off at the stem. Then the cool cellar floor - can't you see it - covered with melons, big and little? And everybody who came along in the



middle of the morning, or the middle of the afternoon, or any time of the day or evening, eating cold melon on the porch!

But, I'm forgetting about Christine's Sunday supper. Shall we run over the menu, just once more? Jellied Veal served on Crisp Lettuce and Cress with Mayonnaise; Potato Chips; Toasted Rolls; Grape Juice and Ginger Ale; Cantaloupe a la mode.

Instead of potato chips, lattice potatoes are equally good, and you can make them at home the day before. There's a special cutter for lattice potatoes that can be bought for a small sum. It looks like a miniature washboard with the ridges running up and down instead of crosswise. If you can't buy crisp, delicately brown potato chips, or even if you can, the homemade lattice potatoes can be served exactly the same way.

So much for a cool, dainty supper for a warm Sunday evening.

MONDAY: Housecleaning for safety, and another September menu.



1936年1月2日
新嘉坡
在新嘉坡的中大图书馆
中大图书馆
中大图书馆
中大图书馆

100-100